

ELK GROVE COMMUNITY SERVICES DISTRICT
DEPARTMENT OF PARKS & RECREATION



Fire • Emergency Medical • Parks & Recreation

2005 Summer Aquatic Programs & Swim Lessons



In this flier...

Swim Lessons • Public Swim • Jobs • Pool Rentals
Jr. Lifeguard • Pool Parties • Registration

Recreation Swim

Elk Grove Pool

*(Re-dedicated as the
Jerry Fox Swim Center)*
9950 Elk Grove-Florin Road
685-3920

Fees:

\$1 daily or \$10 Season Pass (Age 2-4)
\$3 daily or \$30 Season Pass (Age 5+)
\$25/10 visit pass

Best Deal:

\$24 Season Pass (if you have 4 or more in
your group and purchase passes together)

Weekends:

May 28 - September 5
Hours: 12:00-4:00 pm

Weekdays:

June 13 - August 19
Hours: 1:15-4:00 pm



Wackford Aquatic Complex

9014 Bruceville Road
405-5600

Fees:

\$3 daily or \$30 Season Pass (Age 2-4)
\$5 daily or \$50 Season Pass (Age 5+)
\$45/10 visit pass

Best Deal:

\$40 Season Pass (if you have 4 or more in
your group and purchase passes together)

Weekends:

May 7 - 22
Hours: 5:00-8:00 pm
May 28 - September 24
Hours: 12:00-6:00 pm

Weekdays:

June 13 - August 19
Hours: 12:00-5:00 pm

Summer Swim Kick-off



Summer Swim Kick-Off :

Friday, June 10
Hours: 7:30-9:30 pm

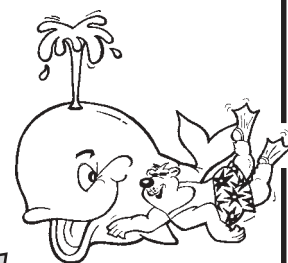
Friday Family Fun Nights:

(Elk Grove Pool Only)

Hours: 5:30-8:00 pm
June 17 • July 1 • July 15 • July 29

Summer Swim Kick-Off :

Friday, June 10
Hours: 7:30-9:30 pm



Swim Lesson
Registration begins
in April
see inside...

Swim Lesson Registration begins April 1:

To Register: Go Online, Walk-In, Mail-In or Fax-In, Phone-In* (*Registration form on reverse*)

Wackford Community & Aquatic Complex: M-F 8 am - 9 pm, Sat. 8 am - 1 pm

Phone: 405-5600 • Fax: 405-5659 • 9014 Bruceville Rd., Elk Grove, CA 95758

Parks Admin Office: M-F 8 am - 5 pm

Phone: 405-5300 • Fax: 685-6942 • 8820 Elk Grove Blvd, Ste. 3, Elk Grove, CA 95624

Laguna Town Hall: M-F 8 am - 5 pm

Phone: 684-7550 • Fax: 684-7551 • 3020 Renwick Ave., Elk Grove, CA 95758

*Parent or guardian must be present first day of swim lessons to check child in and sign hold harmless!



Swim Lesson Levels / Session Time Options

Lesson Levels

Turtle (Infant and Preschool w/ Parent)

Suggested age 9 mos. - 3 yrs

Water adjustment for parent and child. Fun is emphasized through games and songs so child learns to enjoy water. Class sessions are four days, only the second week of each session.

Starfish (Level 1) Water Exploration

32" or taller and age 3+

For 3-4 year olds with little or no water experience. Introduction to floating and locomotion in the water. Child learns to submerge face.

Seahorse (Level 2) Primary Skills

32" or taller

For non-floater. Child learns front and back floats. Introduction to crawl stroke and safety skills. Child must be able to submerge face.

Minnow (Level 3) Stroke Readiness

Refine crawl stroke and practice breath control. Introduction to the back crawl, elementary back stroke, and diving. Child must be able to swim on their own.

Otter (Level 4) Stroke Development

Refine crawl stroke, breath control, back crawl, elementary backstroke. Introduction to breaststroke, sidestroke and treading water.

Dolphin (Level 5) Stroke Refinement

Introduction of alternate breathing with emphasis on improving all skills and strokes listed above. Introduction of the butterfly stroke.

Shark (Level 6 & 7) Advanced Skill

Proficiency

Refinement of all strokes, including front and back crawl, breaststroke, and butterfly. Introduction of basic rescue techniques.

Private Lessons *for ages 5+*

For the personal touch, take a private lesson. We format the lesson around you, helping you reach your goals. Class sessions are offered the first week of each session.

Special Need Lessons also available

Call for more information.

Early Bird Lessons

Elk Grove Pool & Wackford Aquatic Complex

\$29/turtle lessons • \$89/private lessons • group/see below

Early Bird Session 1

**Saturdays & Sundays
May 7 - 22**

6 group lessons • **\$39**

4 private & turtle 5/14-22

Early Bird 1 Sat & Sun 5/7-22	Private Lesson	Turtle (IPAP)	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)
12:00-12:30	●	●	●	●	●		
12:30-1:00	●			●	●		
1:00-1:30			●	●	●	●	
1:30-2:00	●		●	●	●		
2:00-2:30			●	●		●	
2:30-3:00	●			●	●		
3:00-3:30			●	●			●
3:30-4:00		●	●	●	●		

Early Bird Session 2

**Tuesday-Friday
May 31 - June 10**

8 group lessons • **\$49**

4 private lessons (first week)
4 turtle lessons (second week)

Early Bird 2 Tues- Fri 5/31-6/10	Private Lesson	Turtle (IPAP)	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)
3:30-4:00	●	●	●	●		
4:00-4:30	●			●	●	●
4:30-5:00	●		●	●	●	
5:00-5:30	●	●	●	●	●	
5:30-6:00	●		●			●
6:00-6:30	●		●	●		
6:30-7:00		●	●	●		

Saturday Lessons

Elk Grove Pool & Wackford Aquatic Complex

\$22/each private lesson (Age 5+)

\$34/4 group lessons

June 18-July 16 (no lessons July 2)

Saturday Lessons	Private Lessons	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)
9:00-9:30	●	●	●	●	
9:30-10:00	●	●	●	●	
10:00-10:30	●	●	●	●	
10:30-11:00	●	●	●	●	
11:00-11:30	●	●	●	●	●

Summer Swim Lessons

Monday - Thursday (no classes on Fridays)

Summer Session 1 June 13-23

Summer Session 2 June 27-July 8*

* Second week Tues - Fri due to Holiday

Summer Session 3 July 11-21

Summer Session 4 July 25-August 4

Summer Session 5 August 8-18

Level	No. of Lessons	Day Fee
turtle*	4	\$29
all other levels	8	\$49
private lesson**	4	\$89

* Turtle classes offered only the first week of each 2 week session.

** Private classes offered only the second week of each 2 week session.

Elk Grove Pool

9950 Elk Grove-Florin Road

	Turtle (IPAP) 1st week only	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)	Adult	Adapted (1st four sessions)	Private
Morning										
10:00-10:30										
10:30-11:00										
11:00-11:30										
11:30-12:00										
12:00-12:30										
12:30-1:00										
Evening										
4:15-4:45										
4:45-5:15										
5:15-5:45										
5:45-6:15										
6:15-6:45										
6:45-7:15										
7:15-7:45										

Wackford Aquatic Complex

9014 Bruceville Road

	Turtle (IPAP) 1st week only	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)	Adult	Adapted (1st four sessions)	Private
Morning										
9:00 - 9:30										
9:30-10:00										
10:00-10:30										
10:30-11:00										
11:00-11:30										
Evening										
5:30-6:00										
6:00-6:30										
6:30-7:00										
7:00-7:30										
7:30-8:00										

*hold harmless must be signed (if under 18 must be signed by parent) prior to participation in swim lessons.

Pool Parties / Pool Rentals

Pool Party Packages

Have your party or get-together at either the Wackford Community and Aquatic Complex or the Elk Grove Pool.

Available June 11- September 4, 2005 on Weekends (weekdays by special arrangement). **To book your party call 405-5600.**

Elk Grove Pool

Tidal Wave Party \$159

Pizza, Swim & Cake Package

(up to 10 guests, \$12 per each additional guest)

Facility includes:

Pool with waterslide, shady picnic area, playground

Wackford Community & Aquatic Complex

Tidal Wave Party \$189

Pizza, Swim & Cake Package

(up to 10 guests, \$14 per each additional guest)

Facility includes:

Recreation pool includes a zero depth entry, waterslide, three water play features, splash pool with a water playground, competition pool with 1 & 3 meter diving boards, shade structures, air conditioned party room

Pool Rentals

Both the Elk Grove Pool and Wackford Community and Aquatic Complex are available to rent for your special occasion. Rental includes exclusive use of the slide, and picnic area. Reservations are available in two hour blocks on Saturday and Sunday evenings. Please call 405-5600 for fees and availability.

ELK GROVE CSD DEPARTMENT OF PARKS & RECREATION • 405-5600

Jobs Available

Are you looking for fun way to stay cool this hot summer? Then apply to get a job as a lifeguard or swim instructor!

Please visit www.egcsd.ca.gov to download an application or call 405-5600 or 405-5300 for more information.

Lifeguard courses:

Location: Wackford Community and Aquatic Complex

Course Fee: \$125

Session #2 **Apr 1 - 3** Fri-Sun
Fri 6pm-10pm; Sat & Sun 9am-4pm

Session #3 **Apr 4 - 20** Mon & Wed
6pm-9:30pm

Session #4 **Apr 29 - May 1** Fri-Sun
Fri 6pm-10pm; Sat & Sun 9am-4pm

Session #5 **May 13 - 15** Fri-Sun
Fri 6pm-10pm; Sat & Sun 9am-4pm

Jr. Lifeguard Program

This program is designed to be a community based water safety program for youth ages 12-14.

It uniquely combines certification opportunities, work experience, a foundation for skill development,

competition, teamwork, and leadership skills to provide a well-rounded training experience.

Wackford Community and Aquatic Complex \$120

Session #1 • **Apr 16 - May 8**
Sat & Sun 9:00am - 4:00pm

Session #2 • **Jun 13 - 24**
Mon-Fri 9:00am - 2:00pm

Session #3 • **Jul 11 - 22**
Mon-Fri 9:00am - 2:00pm

Lap Swim / Aqua Fitness (Wackford Aquatic Complex)

\$5 daily or \$45 / 10 visit pass or \$30 Monthly Pass

Lap Swim:

Mon-Fri June 6-Aug 26 8am-12pm
Mon-Thu June 6-Aug 25 6pm-8pm
Sat & Sun June 4-Aug 28 9am-12pm

Aqua Fitness:

Mon-Thu
beginning June 6

	Mon	Tue	Wed	Thu
9-10 am	Senior Splash	Pre-Natal	Aqua Kickboxing	Basic Water Aerobics
10-11 am	Low Impact	Low Impact	Low Impact	Low Impact
1-2 pm	Water Pilates	Liquid Toning	Senior Splash	Pre-Natal
6-7 pm	Low Impact	Low Impact	Low Impact	Low Impact
7-8 pm	Aqua Kickboxing	Basic Water Aerobics	Water Pilates	Liquid Toning



Registration begins April 1: For quickest registration go on-line: www.egcsd.ca.gov

Drop-Off, Fax-In, Mail, Phone-In* are also available.

*Parent or guardian must be present first day of swim lessons to check child in and sign hold harmless!

Elk Grove CSD Parks & Recreation


Aquatics Registration Only (Copies Accepted) E-mail Address _____ **Receipt #** _____ **Init.** _____

Main Contact _____ Phone (Day) _____ (Evening) _____

Address _____ City _____ Zip _____

VISA/MC Payment: ___ VISA ___ MasterCard Card# _____
Name as it appears on card: _____ Expires Mo./Yr. ____/____

Check if New Address ☐

Office Use Only	Participant Name	Age	Birthdate (under 18)	Lesson Level	Session Choice	Time of Class Preferred	Fee
					1st 2nd 3rd	Choice 1 Choice 2 Choice 3	
 "Operation Clyde" (Optional)							\$ 1.00

"Operation Clyde" - \$1.00 contribution. Your contribution on the registration form helps Elk Grove individuals who can not afford to participate in recreation activities. Bring our community together by the simple act of donating a dollar.

Total Fee:

Hold Harmless Agreement

The Elk Grove Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and injury will be the participant's responsibility. Under California Law, an individual, or parent or guardian if actual participant is under 18, is responsible for any and all property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the EGCSD reserves the right to photograph facilities, activities, and program participants for potential future use for publicity or promotion purposes only. I have read and understand this notice.

Signature of Participant (Parent if under age 18)

Date